

# Iron 1st. Sgt. weighs into competition

Story and photo by  
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BAD KREUZNACH, Germany—Crushing the competition, 42-year-old 1st Sgt. Carlos A. Lewis, Company A, 501st Military Intelligence Battalion, won the 165-pound weight class at the Military National Weightlifting Championship at Fort Hood, Texas, March 3.

Quashing 12 other competitors, the favored Lewis' total score surpassed his nearest rival's score by over 200

pounds. Lewis squatted 539 pounds, bench pressed 341 pounds and dead lifted 539 pounds.

"I knew I was favored going in, but I just took it one step at a time. I kept focussed and tried to help motivate the other competitors," explained Lewis.

Motivating others is something that Lewis does well, according to Capt. Greg Coile, Co. A, 501st MI BN. "The soldiers [of 501st MI BN] feel very proud. I think it's outstanding that a soldier can excel at the demanding duties of being a first

sergeant and win in world-level competition. He is an outstanding ambassador, not only for 1st Armored Division, but all Americans."

Lewis, who works out one to one-and-a-half hours a day, attributes his success to discipline and self-discipline.

"Discipline is my watch word. I am glad to say my mother brought me up right. I grew up in East Orange, N.J., which was a rough neighborhood near Newark. When my mother said to be in at 8:00 [p.m.], she meant [8:00, not [8:01], said Lewis. "I try to apply this

discipline to everything I do."

Lewis recommends strong self-discipline to anyone who wants to begin weightlifting.

"You [must] have a strong mind and self-discipline. Even when you are in the field you can do squat

benders and pushups. If you don't have the equipment you have to improvise. I've used ammo boxes for weights," explained Lewis.

Lewis also credits his command in supporting him.

"Supporting soldiers is important to helping them succeed. My command supports me 110 percent," said Lewis.

Lewis brings his sense of urgency and fairness to his company.

"He [Lewis] is probably the most disciplined first sergeant I have ever met," said Spc. Lindsay Clark, Co. A, 501st MI BN. "He is firm but fair. He plays it straight by the book. He's got more of an infantry mentality. He really instills discipline."

"I think it's great. He puts in 90- to 100-hours a week as first sergeant and still has the discipline to work out,"

explained Sgt. Sara Healy, Co. A, 501st MI BN. "He's a really good example and does a lot for the MI image."

Lewis doesn't limit his positive influence to his soldiers. He is only the second American to compete on the five-man German National Weightlifting Team. Lewis took sixth overall in world competition in Czechia Oct. 22.

"Shoot! [My German teammates] love me and I love them too," grinned

Lewis, who has been competing on the German team for eight years and loves German culture. As Lewis nears retirement, he doesn't want his friendship with Germany or his affiliation with weightlifting to end with his military career.

"I may open a gym here in Germany after I retire," mused Lewis as he sat back and smiled.

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Spc. Lindsay Clark  
501st MI BN  
talking about 1st Sgt. Carlos A. Lewis

